



# *A Mobilization*

## Information and Resources

### *Guide*

## ***SECTION 8 — FAMILY READINESS***

### **FAMILY READINESS**

[Family Readiness Brochure](#)

[Help Guide to Guard & Reserve Family Readiness](#)

[Guide to Reserve Family Benefits](#)

#### **Family Support Toolkit**

- [Budget & Financial Management](#)
- [Child care](#)
- [Communication](#)
- [Elder care](#)
- [Emergency Information Worksheet](#)
- [Estates Planning/Wills](#)
- [Family Readiness Checklist](#)
- [Family care plan](#)

- [Health Care/DEERS enrollment](#)
- [Important documents](#)
- [Legal Affairs](#)
- [Pay and Benefits](#)
- [Power of Attorney](#)
- [Pre-deployment Check List](#)
- [Soldiers' and Sailors' Civil Relief Act](#)

## **Individual and family support** — Frequently Asked Questions (FAQ)

### **Child Support**

#### **Homecoming**—Assistance to ease the transition

- [Coping](#) with the stress of homecoming
- [Resilience](#) in time of war
- Tips for parents of [pre-school children](#)
- Tips for parents of [elementary school children](#)
- Tips for parents of [middle school children](#)
- Tips for parents of [teenagers](#)
- Resilience for [teens](#)
- Homecoming: [Resilience after wartime](#)

#### **Warning Signs of Violence**—Helping youth identify and cope with violence